| Date | VM Volleyball | VW Volleyball | JV Men Volleyball | HS X-Country | JH Volleyball | JH Boys Soccer | JH Girl Soccer | JH X-Counry | Rental |
|-----------|--|-------------------------------------|----------------------|--------------|--|---|--|-------------|--------|
| Septeml | per - WEEK 1 | | | | | | | | |
| 1 MON | | | | | | | | | |
| 2 TUES | Tryouts 3:15-5:15PM CM GYM | Tryouts 3:15-5:15 PM LSL GYM | | | | | | | |
| 3 WED | Tryouts 3:15-5:15 PM LSL GYM | Practice 3:15-5:15PM CM GYM | | | | | | | |
| 4 THUR | Practice 3:15-5:15PM CM GYM | Practice 3:15-5:15 PM LSL GYM | | | | | | | |
| 5 FRI | Practice 6:30-8:00 AM LSL GYM | Tournament Kings University | | | JH V-Ball CAMP 3:00 -8:00 PM LSL GYM | JH Soccer Info Meeting 11:25-11:45 LSL Gym | JH Soccer Info Meeting 11:25-11:45 LSL Gym | | |
| 6 SAT | JH V-Ball CAMP 3:00 -8:00 PM LSL GYM | Tournament Kings University | | | JH V-BALL CAMP 11:00 AM- 3:00 PM LSL GYM | | | | |
| 7 SUN | JH V-BALL CAMP 11:00 AM- 3:00 PM LSL GYM | | | | | | | | |

| Date | VM Volleyball | VW Volleyball | JV Men Volleyball | HS X- Country | JH Volleyball | JH Boys Soccer | JH Girl Soccer | JH X-Counry | Rental |
|------------|-------------------------------------|----------------------------------|--|--|--|---|------------------------------------|-------------|------------------------------|
| Septemb | per - WEEK 2 | | | | | | | | |
| 8 MON | Practice 3:30-5:30 LSL GYM | Practice 5:30-7:30 LSL GYM | Practice 3:30-5:30 CM GYM | Cross Country Practice 3:30- 4:30 | | Tryout 3:30-4:30 Grade 8/9 | Open 3:30-4:30 Grade 7/8/9 | | 8:30 PM V-Ball LSL GYM |
| 9 TUES | Practice 5:30-7:30 LSL GYM | Practice 3:30-5:30 LSL GYM | Practice 3:30-5:30 CM GYM | | | Tryout 3:30-4:30 Grade 7 ONLY | Tryout 3:30-4:30 Grade 7/8/9 | | |
| 10 WED | Practice 3:30-5:30 LSL GYM | Practice 3:30-5:30 CM GYM | Practice 6:45-8:00 AM LSL GYM | Rookie Race Capilano 4:30 pm | | Tryout 3:30-4:30 Grade 7/8/9 Call Back Only | Tryout 3:30-4:30 Grade 7/8/9 | | |
| 11 THUR | Practice 6:45-8:00 AM LSL GYM | Practice 2:00-4:00 LSL GYM | Practice CM GYM | | | | | | |
| 12 FRI | UofA Tournament | | JH V-Ball CAMP 3:00 -8:00 PM LSL GYM | | JH V-Ball CAMP 3:00 -8:00 PM LSL GYM | | | | |
| 13 SAT | UofA Tournament | | JH V-BALL CAMP 11:00 AM- 3:00 PM LSL GYM | | JH V-BALL CAMP 11:00 AM- 3:00 PM LSL GYM | | | | |
| 14 SUN | | | | | | | | | |

| Date | VM Volleyball | VW Volleyball | JV Men Volleyball | HS X-Country | JH Volleyball | JH Boys Soccer | JH Girl Soccer | JH X-Counry | Rental |
|------------|--|--|-------------------------------------|----------------------------------|--|------------------------------------|-----------------------|-------------------------------------|------------------------------|
| Septemb | er - WEEK 3 | | | | | | | | |
| 15 MON | Away Game @ Bev Facey 6:30 pm | Away Game @Memorial 5:00 pm | Practice 3:30-5:30 LSL GYM | | | Practice 3:30-4:30 | Practice 3:30-4:30 | | 8:30 PM V-Ball LSL GYM |
| 16 TUES | Practice 3:30-5:30 LSL Gym | Practice 5:30-7:30 LSL GYM | Away Game @ East Glen 6:30 pm | | | | | | |
| 17 WED | Home Game vs BEAU 5:00 pm LSL Gym | Home Game vs VR 6:30 pm LSL Gym | Practice 3:30-5:30 CM Gym | Team Relay @Rundle 4:30 pm | | Away Game @ JD Bracco 4:15pm | | | 8:30 PM B-Ball LSL GYM |
| 18 THUR | Practice 6:45-8:00 AM LSL GYM | Practice 6:45-8:00 AM CM GYM | Practice 2:00-4:00 LSL GYM | | | | | Orienteering Race Rundle Park | |
| 19 FRI | BROOKS TOURNAMENT | BROOKS TOURNAMENT | | | Girls Info Meeting LSL Gym Lunch | | | | |
| 20 SAT | BROOKS TOURNAMENT | BROOKS TOURNAMENT | | | | | | | |
| 21 SUN | | | | | | | | | |

| Date | VM Volleyball | VW Volleyball | JV Men Volleyball | HS X- Country | JH Volleyball | JH Boys Soccer | JH Girl Soccer | JH X-Counry | Rental |
|------------|-------------------------------------|--|--|---|---|-------------------------------|-------------------------------|--|------------------------------|
| Septemb | ber - WEEK 4 | | | | | | | | |
| 22 MON | Away Game @ JPP 6:30 pm | Away Game @ FMM 5:00 pm | Practice 3:30-5:30 LSL GYM | | Boys7/8 Tryouts 3:15-5:00 CM Gym | Away Game @ STM 4:15 pm | Practice 3:30-4:30 | | 8:30 PM V-Ball LSL GYM |
| 23 TUES | Practice 5:30-7:30 LSL GYM | Practice 3:30-5:30 LSL GYM | Away Game @ EFW 6:30 pm | | Girls 7/8 Tryouts 3:15-5:00 CM Gym | | Away Game @ STM 4:15 pm | | |
| 24 WED | Practice 3:30-5:00 LSL GYM | Home GAME vs Millwood's 5:30 pm LSL GYM | Practice 6:45-8:00 AM LSL GYM | Boys/Girls Start @Rundle 4:30 pm | Boys 9 Tryouts 3:15-5:00 CM Gym | Away Game at Vimy 1pm | Away Game at Vimy 1pm | | 8:30 PM B-Ball LSL GYM |
| 25 THUR | Practice 5:00-7:00 CM GYM | Practice 6:45-8:00 AM LSL GYM | Away Game @ Andre Bessette 5:00 pm | | Girls 9 Tryouts 3:15-5:00 CM Gym | | | X-Country Trial Race Rundle Park | |
| 26FRI | Practice 6:45-8:00 AM LSL GYM | | Serving Practice 11:30 LSL GYM | | Sr Girls 6:45-8AM CM Gym Sr. Boys 3:15-5:00pm CM Gym | | | | |
| 27 SAT | | | | | | | | | |
| 28 SUN | | | | | | | | | |

| Date | VM Volleyball | VW Volleyball | JV Men Volleyball | HS X- Country | JH Volleyball | JH Boys Soccer | JH Girl Soccer | JH X-Counry | Rental |
|--------------------|--|--|---|-------------------------------------|---|--|--|-------------------------------------|------------------------------|
| Septembe | r 29/30 - October | WEEK 1 | | | | | | | |
| 29 SEPT MON | Away Game @ MMM 5:30 pm | Home Game vs St. AB 6:30 pm LSL Gym | Home Game vs East Glen 5:00 pm LSL Gym | | Sr Boys 6:45-8AM CM Gym Sr. Girls 3:15-5:00pm CM Gym | Home Game vs. STM 4:15 pm | Away Game @ STM 4:15 pm | | 8:30 PM V-Ball LSL GYM |
| 30 SEPT TUES | | | | | | | | | |
| 1 OCT WED | Home Game vs SC 5:00 pm LSL Gym | Home Game vs MEL 6:30 pm LSL Gym | Practice 6:45-8:00 AM LSL GYM | @ Goldbar 4:15 PM (6 events) | Sr Girls 6:45-8AM CM Gym Sr. Boys 3:15-5:00pm CM Gym | | | | 8:30 PM B-Ball LSL GYM |
| 2 THUR | Practice 6:45-8:00 AM LSL GYM | Practice 3:00-4:30 LSL GYM | Home Game vs WP 5:30 pm LSL Gym | | | Final vs. STM Callingwood Park 4:15 pm | Final vs. STM Callingwood Park 4:15 pm | City Championship Rundle Park | |
| 3 FRI | Tournament Leduc | Tournament Leduc | Tournament DDA | | Sr Girls/Sr Boys TVT Ainlay Tournament | | | | |
| 4 SAT | | | | | Sr Girls/Sr Boys TVT Ainlay Tournament | | | | |

| Date | VM Volleyball | VW Volleyball | JV Men Volleyball | HS X-Country | JH Volleyball | JH Boys Soccer | JH Girl Soccer | JH X- Counry | Rental |
|-----------|------------------------------|-----------------------------------|-------------------------------------|---|------------------|-------------------|-------------------|-----------------|------------------------------|
| October | WEEK 2 | | | | | | | | |
| 6 MON | | | | | | | | | 8:30 PM V-Ball LSL GYM |
| 7 TUES | | | Practice 6:45-8:00 AM LSL GYM | | | | | | 8:30 PM Soccer LSL GYM |
| 8 WED | Away Game @ FX 5:00 pm | Away Game @ McNally 5:00 pm | Practice 3:30-5:30 LSL GYM | Zone Championships 1:00 PM @ Goldbar | | | | | 8:30 PM B-Ball LSL GYM |
| 9 THUR | | | AwayGame @ Vic 5:00 pm | | | | | | |
| 10 FRI | | | Serving Pratice 11:30 LSL GYM | | | | | | 8:30 PM V-Ball LSL GYM |
| 11 SAT | | | | | | | | | |
| 12 SUN | | | | | | | | | |

| Date | VM Volleyball | VW Volleyball | JV Men Volleyball | HS X- Country | JH Volleyball | JH Boys Soccer | JH Girl Soccer | JH X-Counry | Rental |
|------------|---------------------------------|-------------------------------|---|------------------|---------------|-------------------|-------------------|-------------|------------------------------|
| October | WEEK 3 | | | | | | | | |
| 13 MON | | | | | | | | | |
| 14 TUES | | | Home Game vs STJ 5:30 pm LSL GYM | | | | | | 8:30 PM Soccer LSL GYM |
| 15 WED | Away Game @ Leduc 5:00 pm | Away Game @ ARD 6:30 pm | Practice 3:30-5:30 LSL GYM | | | | | | 8:30 PM B-Ball LSL GYM |
| 16 THUR | | | Home Game vs MC 5:30 pm LSL GYM | | | | | | |
| 17 FRI | | | Serving Practice 11:30 LSL GYM | | | | | | 8:30 PM V-Ball LSL GYM |
| 18 SAT | | | | | | | | | |
| 19 SUN | | | | | | | | | |

| Date | VM Volleyball | VW Volleyball | JV Men Volleyball | HS X- Country | JH Volleyball | JH Boys Soccer | JH Girl Soccer | JH X-Counry | Rental |
|------------|---|--|--------------------------------------|------------------|---------------|-------------------|-------------------|-------------|------------------------------|
| October | WEEK 4 | | | | | | | | |
| 20 MON | Home Game vs O'Leary 6:30 pm LSL Gym | Home Game vs HT 5:00 pm LSL Gym | Practice 6:45-8:00 AM LSL GYM | | | | | | |
| 21 TUES | | | | | | | | | 8:30 PM Soccer LSL GYM |
| 22 WED | | | Practice 3:30-5:30 LSL GYM | | | | | | 8:30 PM B-Ball LSL GYM |
| 23 THUR | | | | | | | | | |
| 24 FRI | | | Serving Practice 11:30 LSL GYM | | | | | | 8:30 PM V-Ball LSL GYM |
| 25 SAT | | | | | | | | | |
| 26 SUN | | | | | | | | | |

| Date | VM Volleyball | VW Volleyball | JV Men Volleyball | HS X- Country | JH Volleyball | JH Boys Soccer | JH Girl Soccer | JH X-Counry | Rental |
|-------------|---|--------------------------------|---|------------------|---------------|-------------------|-------------------|-------------|------------------------------|
| October | 27-31; November | WEEK 1-2 | | | | | | | |
| 27 MON | Home Game vs AOB LSL GYM 5:30 pm | | Practice 3:30-5:30 LSL GYM | | | | | | |
| 28 TUES | | | Home Game VS STJ LSL Gym 5:30 pm | | | | | | 8:30 PM Soccer LSL GYM |
| 29 WED | Away Game @ ABJ 5:00 pm | Away Game @ STURG 6:30pm | Practice 6:45-8:00 AM LSL GYM | | | | | | 8:30 PM B-Ball LSL GYM |
| 30 THUR | | | Home Game VS MC LSL Gym 5:30 pm | | | | | | |
| 31 FRI | | | | | | | | | 8:30 PM V-Ball LSL GYM |
| Nov1 SAT | | | | | | | | | |
| Nov2 SUN | | | | | | | | | |